



It's always a delight having Judi play her harp at our tea parties!

Lovely ladies with lovely (paper) flowers in their hair.

'Can you hear me now?' John found one of the few remaining pay phones while on our 251 Club Trip to Elmore State Park!



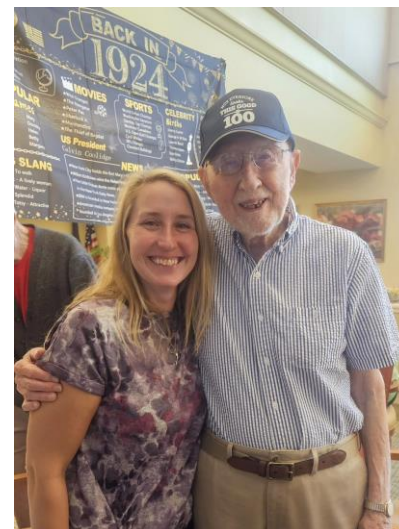
We had beautiful weather for our excursion to the Robert Frost Interpretive Trail



Cheers to 100 years! Happy Birthday Alban!



Spending time with the horses at Pease Farm is a truly special experience.



The Meadows

WESTVIEW MEADOWS ~ 171 WESTVIEW MEADOWS RD. MONTPELIER, VT 05602
PHONE (802) 223-1068 ~ FAX (802) 223-3233 ~ WWW.WESTVIEWMEADOWS.COM



October Birthdays

Joanne C. – 1st

Maria J. – 1st

Marvin A. – 4th

Olivia P. – 5th

Emma E. – 8th

Melitta M. – 9th

Katherine P. – 31st

Celebrating October

Halloween Safety Month
Talk About Prescriptions
Month

Roller Skating Month
Spinning and
Weaving Week

October 7–13

Free Speech Week
October 21–27

Balloons Around
the World Day
October 1

Blessings of the
Fishing Fleet Day
October 6

Handbag Day
October 10

World Origami Days
October 24–November 11

National Mule Day
October 26

Checklist Day
October 30

Happy Fall, Y'all!



Here at Westview Meadows, we're embracing the changing of the seasons and jumping right into the Halloween Hoopla! We are going to be Painting Pumpkins on October 14th at 1:30pm in the Main Dining Room. This craft is a lot easier than carving and the possibilities are endless. From cute to scary, and everything in between, you can create a wonderful decoration for the season. Also, mark your calendars for this year's **Halloween Boo Bash, taking place on Thursday, October 31st at 2pm in the Main Dining Room.** We'll have our annual costume contest (with prizes!) and we'll be serving Celia's famous witch's brew, along with some downright ghoulishly delicious appetizers.

With the leaves turning fast, foliage will soon be at its peak. Consider joining Lauren & Carrie for a scenic ride to enjoy the splendor! With several foliage rides planned in the coming weeks, you'll have the opportunity to sit back, relax, and take it all in!



Last year's costume contest winners: Lorraine, Alban, & Dot



LOVING LUCY

On October 15, 1951, Lucille Ball brought her sitcom *I Love Lucy* to television audiences. The show's plot was relatively simple: the naïve and ambitious wife of a popular bandleader strives for attention despite her obvious lack of talent. Luckily, the actor who played this character, the inimitable Lucille Ball, had plenty of talent. Her comedic genius propelled the show to the top of the charts. *I Love Lucy* was America's most-watched show for four of its six seasons. It won five Emmy Awards and a George Foster Peabody Award for excellence.

I Love Lucy was the first television show to be filmed using multiple cameras in front of a live studio audience, though many said such a production could not be done. This live audience proved vital, as it provided a real-life laugh track for the sitcom. Most episodes were filmed in just 30 minutes. Production didn't stop for actors' mistakes. If an actor forgot a line, it was up to the other actors to bail them out. Just about the only time production did slow down was for Lucy's big costume changes. But the comedy kept on coming, and *I Love Lucy* became a sensation.

Floral Hat Decorations & Herbal Tea Blending Workshop

Thursday, October 10th at 10:30am
Main Dining Room

Sarah from The Magic Bean Farm will be here for another creative workshop. Using herbs that she's grown on her farm, she'll be showing residents how to make their own custom tea blend.



She's also going to be decorating hats! Bring a hat and she'll help you embellish it with dried flowers, feathers, and ribbons. If you don't have a hat, no worries, she'll show you how to make a flower crown!

After this workshop there's no doubt that we'll all be well prepared for our next tea party!

Vermont Association for the Blind & Visually Impaired Presentation:

“Living Better with Vision Loss”

Thursday, October 24th at 10:30am
Main Dining Room

The focus of this discussion will be on adaptive equipment and skills to help people living with vision loss in maintaining their independence with cooking, cleaning, and engaging in their favorite hobbies.



EVERYBODY WINS!

*Sarah Sadowsky, MSW, LICSW
Resident & Family Services Director*

Everybody Wins! is a fun, easy, and rewarding way to mentor a child and a great way to fulfill your own wellness goals through volunteering. In Everybody Wins! sites around Vermont, adult volunteer mentors are carefully matched with students at their local elementary schools to read together, have conversations, and make enduring connections weekly over lunch. Montpelier schools are seeking mentors for this program! When you volunteer to become an Everybody Wins! mentor, you are matched with a child who is in 2nd, 3rd or 4th grade. The two of you will spend just one hour each week hanging out, reading books and forming a long-lasting bond. The program runs October through May with reading taking place around lunchtime. Sharing your enjoyment of books and language can make a huge impact on a child's chance of success in school. It's a lovely way to become involved in the school community, and to connect with a child. For more information about Everybody Wins! contact Caitlin Drechsler at montpelier@everybodywinsvermont.org or 617-780-7756.

Foliage Ride & Picnic at Smuggler's Notch State Park

Tuesday, October 8th departing at 10:30am



The views into the cliffs and fiery foliage of Smuggler's Notch are hard to beat from any vantage. But perhaps one of the best views is from the universally accessible 650-foot-long boardwalk at Barnes Visitor Center. The boardwalk traverses a bog, and Elephant's Head, the rocky protuberance the helps make Smuggler's Notch so dramatic, is right there. Come along for a scenic ride and picnic in this picturesque setting!

FROM THE EXECUTIVE CHEF DEVEN SIERGIEY

Everyone has heard the saying an apple a day keeps the doctor away but where did apples come from? Apples are not native to North America, they originated in Kazakhstan, in central Asia, east of the Caspian Sea around 1200 BC. By 1500 BC apple seeds had been carried throughout Europe and eventually made it to North America though trade routes. The only apple native to North America is the crabapple, now a days the United States grows about 2,500 different varieties. Washington is America's biggest apple producer and is known for eight primary varieties but grows over 30 total, producing 6 out of every 10 apples consumed in the United States and exports to 60 countries around the world! The most popular varieties of apples in America are Gala, Honeycrisp, and Granny Smith. Apples are one of the most versatile fruits to cook with. They of course are known for desserts such as pies, tarts, cobblers, cakes, bars to crisps the options are endless! Let's not forget using them in savory dishes my favorite way! Such as served over pork chops, tossed in a salad or a nice brie and apple spread with crackers. What can you not do with apples.

MARK YOUR CALENDARS FOR THESE UPCOMING EVENTS:

- Foliage Ride Around Berlin Pond-** Wednesday, October 2nd departing at 1pm
- 251 Club Meeting-** Thursday, October 3rd at 10:30am in the Private Dining Room
- Foliage Ride & Picnic at Smuggler's Notch Boardwalk-** Tuesday, October 8th departing at 10:30am
- Hat Decorating & Herbal Tea Workshop-** Thursday, October 10th at 10:30am in the Main Dining Room
- Pumpkin Painting-** Monday, October 14th at 1:30pm in the Main Dining Room
- Flu & Covid Booster Clinic-** Wednesday, October 16th at 9:30am in the Main Dining Room
- Live Music with Debbie Yacovone-** Wednesday, October 16th at 2pm in the Main Dining Room
- Resident Council Meeting-** Thursday, October 17th at 10:30am in the Main Dining Room
- Annual Resident Council Meeting-** Monday, October 21st at 10:30am in the Main Dining Room
- VABVI Presentation: “Living Better with Vision Loss”-** Thursday, October 24th at 10:30am in the Main Dining Room
- 251 Club Trip-** Friday, October 25th departing at 11am
- Watercolor Painting with Pauline-** Monday, October 28th at 1:30pm in the Main Dining Room
- October Birthdays Celebration-** Wednesday, October 30th at 1pm in the Main Dining Room
- Halloween Boo Bash-** Thursday, October 31st at 2pm in the Main Dining Room

